The MODERN GUIDE *to* PRESSURE CANNING and COOKING

•

PRESTO COOKER-CANNER

•

Instructions and Recipes

NATIONAL PRESTO INDUSTRIES, INC.

EAU CLAIRE, WISCONSIN

FOR REPAIRS AND SERVICE SEE PAGE 71

NATIONAL PRESTO INDUSTRIES, INC.
EAU CLAIRE, WISCONSIN

Presto Cooker-Canners are manufactured under U.S. Patents
[illegible]

PRESTO
COOKER-CANNER

INSTRUCTIONS
RECIPES
TIME TABLES

The PRESTO Pressure Cooker-Canner is a unique, yet simple, device for preparing and preserving a wide variety of nutritious foods. It will provide you with many years of satisfactory service, if used in accordance with the manufacturer's recommendations.

CAUTION — Read instructions before using. Improper use may result in scalding injury. Do not overfill. For proper closure, cover handles must be directly above body handles. Do not attempt to open cover until pressure regulator is removed and you are sure pressure has been released. Never force handles to open.

[illegible]

NATIONAL PRESTO INDUSTRIES, INC.

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Important . . . READ CAREFULLY

PLEASE DO NOT ATTEMPT TO USE A PRESSURE COOKER-CANNER BEFORE READING THESE INSTRUCTIONS!

The Presto Cooker-Canner is available in three sizes, 12, 16, and 20 quart. It may be used for home canning of foods and for quantity cooking.

INFORMATION ABOUT THE PRESSURE-TRU REGULATOR

The Pressure Regulator controls the amount of pressure that can be built up in the Cooker-Canner.

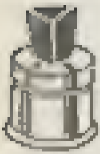
The Pressure Regulator consists of the pressure regulator body, two weight rings, lock ring and knob. Completely assembled, it will maintain 15 lbs. pressure. 15 lbs. pressure is used for all cooking, except steamed breads and puddings which are cooked at 10 lbs. pressure.

When one weight ring is removed the Pressure Regulator will maintain 10 lbs. pressure. 10 lbs. pressure is used for canning low acid vegetables, meats, poultry, fish, game and soups.

When both weight rings are removed, the pressure regulator body will maintain 5 lbs. pressure. 5 lbs. pressure is used for canning fruits and tomatoes.

To adjust Pressure Regulator to 5 or 10 lbs. pressure, hold completely assembled Pressure Regulator between the first two fingers of hand with thumb on top of knob. Press down on knob to force weight rings over lock ring. Replace weight rings by pushing them down over lock ring at top of pressure regulator body.

Knob must always be in place when using *Pressure Regulator.*



5 Pounds Pressure

10 Pounds Pressure

15 Pounds Pressure

Do not be concerned about a slight vapor or steam that may appear from the underneath part of the Pressure Regulator before pressure reaches the required point. There will be some slight escape of vapor. The *Pressure*

Regulator is constructed to let vapors or air escape from the Cooker-Canner during the cooking and canning period.

In pressure canning the Pressure Regulator must be left off the Vent Pipe for 7 to 10 minutes to exhaust air from the pressure Cooker-Canner and jars.

When canning in glass jars, do not remove, bump or jar the Pressure Regulator while pressure is in the Cooker-Canner because liquid will be lost from the jars.

When pressure cooking, the Pressure Regulator is placed on the Vent Pipe as soon as the cover is closed securely. Air is exhausted from the Cooker-Canner by the Automatic Air Vent.

Cooking or canning time starts when Pressure Regulator **begins to rock gently.** Adjust heat to maintain a slow steady rocking motion of the Pressure Regulator and to avoid excess steam from escaping. If necessary, move the Cooker-Canner part way off the burner to avoid excessive rocking and steam escape. If too much steam escapes it will cause the water in the Cooker-Canner to evaporate, resulting in a dry Cooker-Canner.

Do not remove Pressure Regulator from vent pipe until pressure is completely reduced. Pressure is completely reduced when plunger in Automatic Air Vent has dropped and no steam escapes when Pressure Regulator is tilted. Always remove Pressure Regulator before opening cover.

In regions of 2,000 to 8,000 feet altitude, increase recipe processing pressure by 5 pounds.

When 5 lbs. pressure is recommended, increase pressure to 10 lbs.

When 10 lbs. pressure is recommended, increase pressure to 15 lbs.

Do not use Pressure Canner for canning at altitudes over 8,000 feet.

INFORMATION ABOUT THE AUTOMATIC AIR VENT

The Automatic Air Vent, located in the Cooker-Canner cover, does the following:

(1) Automatically vents or exhausts air from the Cooker-Canner.

(2) Will automatically release excess steam in case the Vent Pipe becomes clogged and pressure cannot release normally.

(3) Acts as an anti-vacuum valve, preventing the loss of juices from food after pressure is completely reduced. Place Pressure Regulator on Vent Pipe. When all the air is vented from the Cooker-Canner, the Automatic Air Vent and the metal plunger will rise as shown in Fig. A, left. Thus the Cooker-Canner is sealed, and desired pressure will be quickly reached. After the cooking or processing period, when pressure has been reduced, the Automatic Air Vent loosens and the metal plunger drops as in Fig. B. This is a visible indication that the Pressure Regulator may be removed and the Cooker-Canner opened. The Automatic Air Vent can be easily removed for cleaning by pushing it through the opening from top of cover. After cleaning, insert by pushing Automatic Air Vent into the opening from the underside of cover. When in place, the slightly rounded face of the Automatic Air Vent will be exposed on the outside of the cover. After prolonged use, the Automatic Air Vent may become hard or deformed. Therefore, it will not operate properly and should be replaced. When replacing the Automatic Air Vent, replace the Sealing Ring.

Fig. A

Fig. B

INFORMATION ABOUT THE SEALING RING

At left is a close-up view showing how the Sealing Ring fits into the Cooker-Canner cover and forms a pressure-tight seal during cooking.

After the Cooker-Canner has been in use for a considerable period of time, the Sealing Ring may shrink. When this happens, replace the Sealing Ring and the Automatic Air Vent. Before inserting a new Sealing Ring in the cover, clean the Sealing Ring groove with a brush.

After the new Sealing Ring has been inserted, apply a light coat of cooking oil to the bottom exposed surface of the Sealing Ring and the underside of the body lugs. See illustration. This may be done with a pastry brush, a piece of cloth or the fingertips. Whenever the cover becomes hard to close or open, apply a light coat of cooking oil.

When putting the cover on the body, apply equal, downward pressure to cover handles while turning cover. This will help compress the Sealing Ring and make the cover easy to lock in place.

Exposure to high heat such as a warm burner or top of oven will deteriorate Sealing Ring and Automatic Air Vent, making replacement necessary.

Whenever the Sealing Ring is replaced, replace the Automatic Air Vent to insure that your Cooker-Canner will operate with maximum efficiency. Check page 71 and order the parts by number from your dealer.

HOW TO CARE FOR YOUR COOKER-CANNER

BEFORE USING YOUR COOKER-CANNER

Before using your Cooker-Canner for the first time, remove sealing ring. Wash sealing ring, groove and automatic air vent to remove manufacturing oils. Scour the inside of the Cooker-Canner carefully with a good non-alkali, aluminum cleanser or a steel wool cleansing pad. After the Cooker-Canner and pad have been washed and rinsed with warm water, the Cooker-Canner is ready for use.

CLEANING YOUR COOKER-CANNER

Iron and various minerals in water and foods may darken the inside of the Cooker-Canner but this discoloration will in no way affect food cooked. These stains are harmless and may be removed by using a solution of water and cream of tartar. For each quart of water, use one tablespoon of cream of tartar. Pour enough of the solution into the Cooker-Canner to cover the discoloration (do not fill over ½ full); then close cover securely. Place completely assembled pressure regulator on vent pipe and heat until pressure regulator rocks gently. Remove Cooker-Canner from heat; allow Cooker-Canner to stand three to four hours. Remove pressure regulator. Open Cooker-Canner and empty contents. Scour thoroughly with a steel wool cleansing pad containing soap; wash, rinse and dry.

Special care should be taken with the outside, to keep the finish attractive and looking new. Avoid allowing food stains to burn onto the finish. If food should burn on, soak Cooker-Canner in warm water until burnt food is loosened. Scrub lightly with a nylon-mesh cleansing pad. DO NOT use steel wool scouring pads or abrasive kitchen cleansers.

To clean the vent pipe, draw a clean piece of pipe cleaner or small brush through the opening.

Periodically remove sealing ring and scrub groove with a brush. Wash sealing ring and replace.

STORING THE COOKER-CANNER

The proper way to store the Cooker-Canner is to place the cover carefully, upside down, on the body. This will prevent odors from developing in the Cooker-Canner. Place towel or paper between cover and body to protect the finish. Be sure Cooker-Canner is thoroughly dry before it is put away. Store in clean, dry place.

PRESSURE CANNING

Pressure Cookers are recommended by leading food authorities everywhere and are used as part of the standard equipment in Home Economics classes in colleges and universities throughout the United States. **The United States Department of Agriculture, Washington, D. C. recommends the Pressure Canner as being the only safe method for canning low-acid foods — vegetables, meat, fowl and fish.**

Water boils at 212° F. (except in mountainous regions) and this is sufficient to retard or destroy some spoilage organisms — enzymes, molds and yeast. However, a temperature of 240° F. is needed to destroy harmful bacteria, especially botulinus. In pressure canning, some of the water in the Canner is converted to steam, and after all air is exhausted through the vent pipe and automatic air vent is closed, pressure regulator is placed on vent pipe. Expanding steam will close the automatic air vent and will then create pressure. As pressure within the Canner increases, temperature increases — 5 pounds pressure — 228° F., 10 pounds pressure — 240° F., 15 pounds pressure — 250° F.

"Four specific agents produce food spoilage. They are enzymes, molds, yeasts and bacteria."

Three of these — enzymes, molds and yeasts are easily destroyed by heat during the processing. Bacteria, especially botulinus, can be destroyed only with temperatures above boiling. And their destruction is of paramount importance.

If enzymes are not destroyed, the quality of food is lowered. Unchecked mold may spread through the entire contents of a container of food. Yeasts causes fermentation. Bacteria spoilage falls into four groups: (1) Fermentation, recognized by the formation of gas and acid, causing souring of the food. (2) Flat Sour, in which acid is produced, but no gas is formed. (3) Putrefaction, characterized by gas, bad odor and sometimes by darkening of food. (4) Toxins or poisonous substances which may show no visible signs of spoilage unless other spoilage organisms are also present.

As a safeguard against using canned foods that may be affected with spoilage that is not readily detected, boil all low-acid foods (all meats and all vegetables) at boiling temperature 10 to 15 minutes before tasting or using. Many times odors that cannot be detected in the cold product will be evident in the boiling food. This boiling will destroy certain toxins if they are present in the food. If, after boiling, food does not smell or look right, discard it without tasting.

All in all, the destruction of these enemies of good eating gives you a mighty good incentive for closely following directions for using your Cooker.

Mason Jar

MASON JARS

While there are many styles and shapes of glass jars on the market, only Mason jars are recommended for home canning. Mason jars are available in half pints, pints, quarts, and half gallons with threads on which a cap may be screwed.

Additional information may be obtained from the manufacturers of Mason jars. For information regarding processing in tin cans, write to Test Kitchen, National Presto Industries, Inc., Eau Claire, Wisconsin 54701.

HOW TO DETERMINE THE NUMBER OF MASON JARS NEEDED

The actual number of jars needed in canning depends upon the size and condition of the food and the manner of preparing and packing it into jars. The following chart lists the approximate amounts of raw food needed to fill a 1-quart Mason jar.

FRUITS	POUNDS	VEGETABLES	POUNDS
Apples	2½ to 3	Asparagus	2½ to 4½
Berries	1½ to 3	Beans, lima, in pods	3 to 5
(except strawberries)	(1 to 2 qts.)	Beans, snap	1½ to 2½
Cherries		Beets, without tops	2 to 3½
(canned unpitted)	2 to 2½	Carrots, without tops	2 to 3
Peaches	2 to 3	Corn, sweet in husks	3 to 6
Pears	2 to 3	Okra	1½
Plums	1½ to 2½	Peas, green, in pods	3 to 6
Tomatoes	2½ to 3½	Sweet Potatoes	2 to 3

MEATS	POUNDS (untrimmed meat with bone)
Beef	
Round	3 to 3½
Rump	5 to 5½
Pork Loin	3 to 3½

CAPS FOR MASON JARS

PRESTO CANNER CANNING CAPACITY

REGULAR MASON JARS

MODEL No.	Pint	Pint	Quart	Quart
CAA[illegible]				
CAA [illegible]				
CAA				

Important READ CAREFULLY

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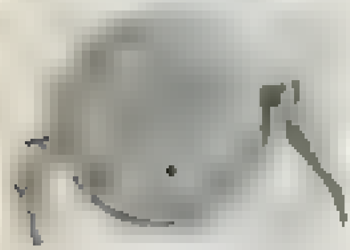
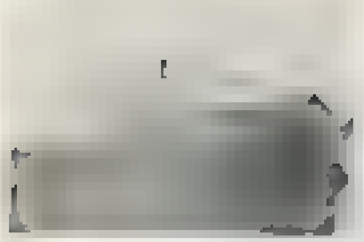
HOW TO CAN IN YOUR PRESTO COOKER-CANNER





[illegible] Pressure Regulator [illegible]

[illegible]

USE OF CANNER WITH DIFFERENT TYPES OF FUEL

FOOD SELECTION

CANNING RECIPES

FRUITS AND TOMATOES

SYRUPS FOR CANNING FRUITS

APPLES

APPLE SAUCE

CRABAPPLES

APRICOTS

BERRIES Except Red Raspberries and Strawberries

CHERRIES

CRANBERRIES

FIGS

FRUIT COCKTAIL

[illegible] diced — green [illegible]
[illegible] — [illegible]
[illegible] — [illegible]

GRAPES

PEACHES

PEARS

PERSIMMONS

PINEAPPLE

PLUMS OR FRESH PRUNES

QUINCES

RED RASPBERRIES

RHUBARB

STRAWBERRIES

TOMATOES Whole

TOMATOES Quartered

FRUIT JUICES

GRAPEFRUIT JUICE

TOMATO JUICE

PROCESSING TIME TABLE

FRUITS AND TOMATOES

EXHAUSTING TIME [illegible] TO 10 MINUTES

	Amount of Pressure Pounds	[illegible] Minutes
Apples Applesauce		

VEGETABLES

ASPARAGUS

BAKED BEANS

LIMA BEANS

SNAP BEANS

BEETS

CARROTS

CORN Cream Style

CORN Whole Kernel

GREENS

MUSHROOMS

OKRA

OKRA AND TOMATOES

PARSNIPS

PEAS, Black-eye

PEAS, Green

PEPPER, Pimiento

POTATOES, New, Whole

PUMPKIN, Strained

SQUASH, Summer

SQUASH, Winter

SUCCOTASH

SWEET POTATOES, Wet Pack

VEGETABLE MIXTURE

PROCESSING TIME TABLE

VEGETABLES - HOT PACK METHOD

EXHAUSTING TIME 7 TO 10 MINUTES

MASON JARS

[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]

[illegible]

VEGETABLES COLD PACK METHOD

It is not recommended that any vegetables other than those given below be canned by the cold pack method.

ASPARAGUS

BEANS, Fresh Lima and ...

BEANS, Snap

CARROTS

CORN, Whole Kernel

PEAS, Black-eye

PEAS, Green

SQUASH, Summer

PROCESSING TIME TABLE
VEGETABLES COLD PACK
EXHAUSTING TIME 7 TO 10 MINUTES

Use 3 quarts water in Canner

MEATS

CHILI CON CARNE

[illegible]

CHOPPED MEAT

[illegible]

CORNED BEEF

[illegible]

GOULASH

[illegible]

SPARERIBS

[illegible]

BEEF, PORK, LAMB and VEAL

HEART

LIVER Beef, Calf, Lamb or Pork

MEAT BALLS

STEAKS OR CHOPS
Beef, Lamb, Pork, Veal, Mutton and Venison

BOILED TONGUE

ROAST MEATS Beef, Lamb, Pork, Veal, Mutton and Venison

STEW (Beef, Veal, Mutton, Lamb or Venison

JELLIED PIGS' FEET

HEAD CHEESE

hog's head [illegible] | [illegible] cloves
[illegible] | [illegible] pepper
[illegible] | [illegible] spice
[illegible] salt | [illegible]
[illegible] pepper | [illegible]
[illegible] | [illegible]

PROCESSING TIME TABLE

MEATS

EXHAUSTING TIME [illegible] TO [illegible] MINUTES

	[illegible]	[illegible]	[illegible]	[illegible]
Pigs Feet Jellied	10		75	
[illegible] Meat (Beef, [illegible], Pork, Veal or Mutton)	10		75	
Sausage, Pork	10			

[illegible]

Time and pressure [illegible]

POULTRY AND GAME

[illegible]

PROCESSING TIME TABLE
POULTRY AND GAME
EXHAUSTING TIME 7 to [illegible]0 MINUTES

[illegible]

(Use 3 quarts water in Canner for all processing)

The [illegible] pressure given in this [illegible] only [illegible] over 4,000 feet. Do not [illegible] processing time.

SOUP

BEEF SOUP STOCK

CHICKEN SOUP STOCK

SPLIT PEA SOUP

VEGETABLE PUREE

Asparagus, Carrot, Green Pea, Lima Bean, Spinach, etc.

PROCESSING TIME TABLE

SOUP

EXHAUSTING TIME 7 to [illegible] MINUTES

	Amount of Pressure Pounds	MASON JAR Pint Time Minutes	MASON JAR Quart Time Minutes
[illegible]	[illegible]	20	[illegible]
[illegible]	[illegible]	30	[illegible]
[illegible]	[illegible]	40	[illegible]
[illegible]	[illegible]	60	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]

Use 3 quarts water in Canner for all processing.

Time and pressure given in this chart apply only at altitude of less than [illegible] feet [illegible] processing time.

FISH AND SEAFOOD

[illegible]

CLAMS, Whole

[illegible]

CRAB

FISH General Method

LOBSTER

OYSTERS

SALMON

SHRIMP Wet Pack

TUNA STYLE PACK

[illegible]

PROCESSING TIME TABLE
FISH AND SEAFOOD

EXHAUSTING TIME - 7 to 10 MINUTES

	Amount of Pressure Pounds	MASON 505 ½ Pint Pints Minutes
[illegible]	[illegible]	[illegible]
Oysters	10	[illegible]
[illegible]	[illegible]	½ pints only

Use 1 quarts water in Canner for all processing

Time and pressure given in this chart apply only at altitudes of sea level to 2,000 feet. In regions of 2,000 to [illegible] feet altitude, increase [illegible] pressure [illegible] pounds [illegible] over 1,000 feet. Do not [illegible] processing time.

QUESTION AND ANSWERS ABOUT CANNING

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. Why should beans be graded according to size and ripeness

A. [illegible]

Q. [illegible] be packed in [illegible] cold pack canning[illegible]

A. [illegible]

Q. What [illegible] during processing[illegible]

A. [illegible]

Q. [illegible] during processing[illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. Should [illegible] be used [illegible] of vegetables before canning or added when packed[illegible]

A. [illegible]

Q. Should canned vegetables be re-[illegible] before tasting or using[illegible]

A. [illegible]

Q. What causes [illegible] in canned peas? How can [illegible] be prevented?

A. [illegible]

Q. How high should vegetables be packed [illegible] when using hot pack method?

A. [illegible]

Q. Why [illegible] instead of [illegible] during processing?

A. [illegible]

Q. [illegible] vegetables and meat mixtures be canned safely by the Open Kettle method?

A. [illegible]

CANNING QUESTIONS AND ANSWERS

Q. [illegible]
A.

Q. [illegible]
A.

Q. [illegible]
A.

Q. [illegible]
A.

Q. [illegible]
A. [illegible]

Q. [illegible]
A.

Q. [illegible]
A.

Q. [illegible]
A.

Q. [illegible]
A.

Q. [illegible]
A.

Q. [illegible]
A. [illegible]

Q. [illegible]
A.

Q. [illegible]
A.

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Important READ CAREFULLY

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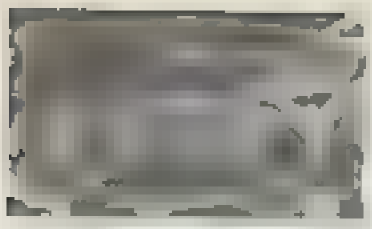
READING THESE INSTRUCTIONS

HOW TO COOK IN YOUR PRESTO COOKER CANNER

DO NOT FILL COOKER OVER TWO-THIRDS FULL



6

Be ... the Vent Pipe is open

... must be ... over body housing

5

Pressure

DO N[illegible]T [illegible] OVER TWO [illegible]

BEEF

ITALIAN POTTED BEEF

3 lb. rump or [illegible]
[illegible]
2 [illegible] chopped
[illegible] celery
[illegible] chopped
[illegible]

[illegible]
[illegible] mushrooms
[illegible]
[illegible]
[illegible]

BRAISED BEEF

[illegible]
4 [illegible]
round or rump
[illegible]
Pepper
Flour

[illegible]
[illegible] diced [illegible]
cup diced [illegible]
[illegible]
cup chopped celery

BEEF HEART — STUFFED

Beef heart
Dressing
Salt

Pepper
[illegible] tablespoons shortening
[illegible]

CORNED BEEF

4 lbs. corned beef
[illegible]

[illegible]
[illegible]

OXTAILS WITH HERBS

[illegible]

POT ROAST

[illegible] lbs. beef shoulder or rump
[illegible]
Pepper
Flour
[illegible] tablespoons shortening
[illegible] chopped
2 cups water

SHORT RIBS OF BEEF

[illegible] lbs. beef ribs
2 tablespoons shortening
[illegible]
[illegible] cup chopped celery
[illegible] green pepper, chopped
[illegible] cup tomatoes
[illegible] teaspoon salt
[illegible] teaspoon pepper
2 cups water

SWISS STEAK

[illegible] lbs. round steak [illegible] cut into serving pieces
[illegible] cup flour
Salt and pepper
[illegible] tablespoons shortening
[illegible] onion, chopped
[illegible] green pepper, chopped
[illegible] cups tomato juice

FRESH TONGUE

2 tongues
[illegible] cover boiling water
[illegible]
[illegible] tablespoon salt
[illegible] teaspoon pepper
[illegible] bay leaves
[illegible] whole cloves
[illegible] quart water

VEAL

ROAST OF VEAL

4 lbs. veal roast
Salt and pepper
[illegible]
2 tablespoons shortening
[illegible]
[illegible] cups [illegible]

BRAISED VEAL

4 lbs. veal roast
[illegible]
[illegible]
[illegible] sliced
[illegible]
[illegible]
[illegible]

TANGY VEAL CHOPS

2 veal chops [illegible]
2 [illegible] shortening
Salt and pepper
[illegible] paprika
[illegible] brown sugar
2 [illegible]
[illegible] chopped
[illegible]
[illegible] sliced

GOURMET VEAL STEAK

6 lbs. veal round steak
[illegible]
4 tablespoons shortening
[illegible]
teaspoon pepper
[illegible] sliced
[illegible]
[illegible]
[illegible] sherry wine

HAM

HAM BOILED

6 lbs. ham [illegible] — 5 cups water [illegible]

HAM SLICES

[illegible] tablespoons shortening [illegible]
[illegible] slices ham [illegible] inches thick [illegible] cups water

VIRGINIA HAM

[illegible] lbs. ham [illegible] cup brown sugar
[illegible] quarts water — Cloves

LAMB

LEG OF LAMB

5 to 6 lbs. leg of lamb — [illegible] tablespoons shortening
Salt [illegible] cups water

CHINESE PINEAPPLE LAMB

[illegible] lbs. boneless lamb [illegible] — [illegible] cups beef stock
[illegible] tablespoons shortening [illegible] — [illegible] bean sprouts, drained
[illegible] cup chopped onion — [illegible] pineapple chunks, drained
[illegible] celery — [illegible] tablespoons cornstarch
[illegible] mushrooms — [illegible] cup soy sauce
Salt and pepper

PORK

LOIN OF PORK

[illegible] lbs. [illegible]
1 [illegible] tablespoons shortening
Salt and pepper
[illegible]
[illegible]

SPARERIBS BARBECUED

[illegible] lbs. spareribs
[illegible] pieces
Salt and pepper
Paprika
[illegible] tablespoons shortening
4 large onions, sliced
[illegible] cups [illegible]
[illegible]
[illegible] Worcestershire sauce
[illegible]
[illegible] celery seed

[illegible] Continue [illegible]

LEMON PORK CHOPS

[illegible] pork chops [illegible] inch thick
[illegible] tablespoons shortening
[illegible] lemon slices
[illegible] onions, cut [illegible]
[illegible] teaspoon salt
[illegible] teaspoon pepper
[illegible] cup [illegible]
[illegible] cup water

[illegible] Reduce [illegible] Garnish chops with [illegible]

BREADED PORK CHOPS

[illegible] pork chops [illegible] inch thick
Salt and pepper
[illegible] cups [illegible] flake crumbs
2 eggs, beaten
[illegible] tablespoons milk
[illegible] tablespoons shortening
[illegible] cups [illegible]

COMBINATION DISHES

[illegible]

DO NOT FILL COOKER OVER TWO-THIRDS FULL!

BOSTON BAKED BEANS

4 cups dried beans
[illegible] olive oil
[illegible]
Water
[illegible] pork [illegible] diced
1 tablespoons [illegible]
[illegible] salt
[illegible] mustard
6 [illegible]
[illegible]
[illegible] diced
Water

LIMA BEAN POT

4 cups dried lima beans
[illegible]
2 tablespoons salt
Water
[illegible] pork sausages
[illegible] pieces
2 [illegible]
[illegible] diced
[illegible] celery
4 cups [illegible]
[illegible] sugar
2 teaspoons salt
[illegible] powder
teaspoon [illegible] pepper

NEW ENGLAND BOILED DINNER

- 4 lbs. ham shank
- 4 cups water
- [illegible] potatoes, halved
- 6 onions, halved
- [illegible] or turnips, sliced
- [illegible] halved
- [illegible] cabbage, quartered
- [illegible] pepper

PORK HOCKS WITH SAUERKRAUT AND POTATOES

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible] chopped
- 6 potatoes, halved

CHOP SUEY

- 4 tablespoons shortening
- [illegible] lbs. round steak, cubed
- [illegible] lb. lean pork, cubed
- [illegible] lb. lean veal, cubed
- Salt
- Pepper
- 2 to 3 large onions, minced
- [illegible]
- [illegible] celery, diced
- [illegible]
- [illegible] bean sprouts
- [illegible] cup water

CHILI CON CARNE

- 2 tablespoons shortening
- 2 lbs. ground beef
- 4 onions, minced
- [illegible] green pepper, shredded
- [illegible] minced
- No. [illegible]
- [illegible] No. 2 cans kidney beans with liquid
- [illegible]
- Dash [illegible] pepper
- [illegible] chili powder
- [illegible] cup water

SPAGHETTI MEAT SAUCE

[illegible]

BEEF STEW

[illegible]

SHRIMP JAMBALAYA

[illegible]

LIMA BEANS WITH BACON

[illegible] dried lima beans
[illegible]
[illegible] salt
Water

[illegible] sliced
[illegible] salt
Water

BAKED HAM WITH POTATO SALAD

BAKED Ham

[illegible]

POTATO SALAD

[illegible] sliced
[illegible]
[illegible]
[illegible] and pepper
[illegible] mustard

[illegible] celery seed
[illegible]
[illegible] chopped
[illegible]
[illegible] diced

LAMB STEW

[illegible] shortening
[illegible]
[illegible] cubed
[illegible] pepper
[illegible] green peppers, diced

[illegible]
[illegible] Worcestershire sauce
[illegible]
[illegible]

SPARERIBS AND SAUERKRAUT

[illegible]
Salt and pepper

BEEF GOULASH

[illegible]

PORK CHOPS WITH VEGETABLES

[illegible]
Salt and pepper

MEAT CABBAGE ROLLS

[illegible]

[illegible] Add shortening and brown rolls [illegible] [illegible]

POULTRY

Young birds 3 to 4 pounds

The following poultry dishes should be cooked at [illegible] lbs. pressure

DO NOT FILL COOKER OVER TWO-THIRDS FULL!

BRAISED WHOLE CHICKEN

2 chickens
3 tablespoons shortening
Salt and pepper
[illegible] water

CHICKEN AND DUMPLINGS

1 [illegible] chicken
[illegible] serving pieces
[illegible] salt
[illegible] cups water
Dumplings (see recipe below)

DUMPLINGS

2 cups flour
[illegible] salt
[illegible] baking powder
[illegible]
[illegible]
[illegible] shortening

CHICKEN IMPERIAL

[illegible]

CHICKEN MARENGO

[illegible]

... cup dry white wine

HUNTER'S TURKEY

[illegible]

SQUAB

[illegible]

CORNISH HENS IN WHITE WINE

- [illegible] tablespoons shortening
- 4 Cornish hens
- [illegible] teaspoon salt
- [illegible] teaspoon pepper
- [illegible] cups white cooking wine
- [illegible] chicken bouillon
- [illegible] thyme
- [illegible] tablespoons chopped parsley

FLORIDA DUCK

- [illegible] lbs. duck
- [illegible] pieces
- Salt and pepper
- 2 tablespoons shortening
- [illegible] wine
- 1 teaspoon grated orange rind

DUCK WITH BLACK CHERRY SAUCE

- [illegible] lbs. duck
- [illegible] serving pieces
- Paprika
- [illegible] tablespoons shortening
- [illegible] cup [illegible]
- [illegible] teaspoons salt
- [illegible] leaves
- [illegible]
- [illegible] black cherries
- [illegible]
- [illegible] cherries and water

SMOTHERED PHEASANT

- [illegible] lbs. pheasant, cut into serving pieces
- Flour, salt and pepper
- [illegible] cup shortening
- [illegible]
- [illegible] cream

SOUPS AND CHOWDERS

[illegible]

The following soup and chowder dishes [illegible] pressure.

DO NOT FILL COOKER OVER TWO-THIRDS FULL

SOUP STOCK

[illegible]

VEGETABLE SOUP

[illegible]

CORN CHOWDER

[illegible]

BROWN STOCK

[illegible] tablespoons shortening
[illegible] lbs. beef, cubed
[illegible] quarts water
[illegible] cup sliced onion
[illegible] cups diced carrots
[illegible] tsp. chopped parsley leaves
[illegible] cup diced [illegible]
[illegible]
[illegible]
[illegible] teaspoon salt

CHICKEN SOUP

[illegible] chicken
[illegible]
[illegible] quarts water
[illegible] cup diced celery
[illegible]
[illegible] salt
[illegible]

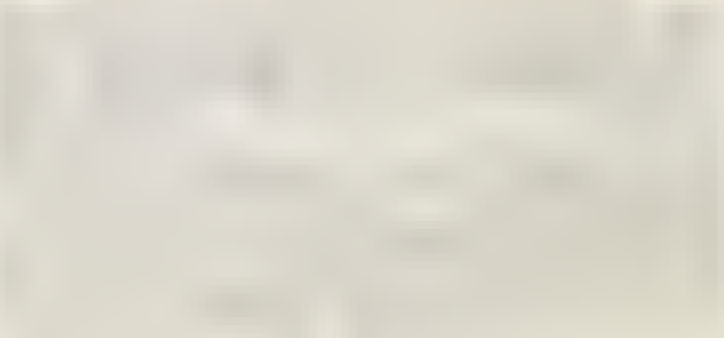
NAVY BEAN SOUP

[illegible] cups dried navy beans
[illegible] cup vegetable oil
[illegible] teaspoon salt
Water
[illegible] ham bone or [illegible]
[illegible] onions, chopped
[illegible] carrots, sliced
[illegible] sliced
[illegible] chopped green pepper
[illegible] sauce
[illegible]
Salt and pepper
[illegible] water

CLAM CHOWDER

[illegible] lb. salt pork, cubed
[illegible] cups water
[illegible] small onions, minced
[illegible] cups diced potatoes
[illegible] cups clams
[illegible] teaspoons salt
Pepper
[illegible] crackers, crushed
[illegible] milk
[illegible] butter

STEAMED BREADS AND DESSERTS



Illustr[illegible] 18

Consult specific recipes for cooking directions

WHITE FRUIT CAKE

- 1½ cups canned pineapple tidbits
- ⅔ cup chopped citron
- ½ cup shredded lemon peel
- ½ cup chopped candied cherries
- ½ cup chopped dates
- [illegible] peel
- [illegible] dried apricots
- [illegible]
- [illegible]
- [illegible] shredded coconut
- 1 [illegible] chopped walnuts
- [illegible]
- [illegible] shortening
- [illegible] sugar
- 5 [illegible]
- [illegible] sifted all-purpose [illegible]
- [illegible]
- [illegible] baking powder
- [illegible] cup pineapple juice
- [illegible] water

[illegible]

BROWN BREAD

[illegible]

BREAD PUDDING

[illegible]

ENGLISH PLUM PUDDING

[illegible]

BROWN BETTY

[illegible]

VANILLA CUSTARD

[illegible]

CUSTARD VARIATIONS

[illegible]

RICE PUDDING

[illegible]

Fruit and Nut Rice Pudding

QUESTIONS AND ANSWERS ABOUT COOKING

Q. [illegible] in Pressure Cooking?

A.

Q. In [illegible] of high altitude, how much should cooking time be increased?

A.

4,000	10%	6,000	20%	8,000	30%

Q. Why must some foods be [illegible] cooking while with others [illegible]

A.

Q. Why do [illegible] when preparing a [illegible]?

A.

Q. What makes [illegible] stick to the bottom of the cooker?

A.

Q. What causes [illegible] during the cooking period?

A.

Q. How often should the Sealing Ring and the Automatic Air Vent in the cover be changed?

A.

Q. [illegible]

A. [illegible]

Q. [illegible]

A. [illegible]

Q. May the Pressure Regulator be washed?

A. [illegible]

Q. [illegible] the Pressure Regulator [illegible]

A. [illegible]

Q. What [illegible]

A. [illegible]

Q. [illegible] Pressure Regulator [illegible]

A. [illegible]

Q. Why [illegible] cooking time [illegible]

A. [illegible]

RECIPE INDEX

CANNING

FRUITS AND TOMATOES

[illegible]

VEGETABLES

VEGETABLES—COLD PACK METHOD

MEAT

POULTRY AND GAME

SOUP

FISH AND SEAFOOD

RECIPE INDEX

COOKING

MEATS

Beef

Beef Goulash

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] Cabbage

[illegible]

Pot Roast

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Lamb

[illegible] Pineapple Lamb

[illegible]

Pork

Ham

Poultry

Chicken

Chicken

[illegible]

Chicken [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] Pineapple

[illegible]

Goulash

[illegible]

[illegible] Salad

[illegible] England Boiled

Chicken with [illegible]

[illegible] with [illegible]

[illegible]

Clam

Corn

[illegible]

Soup

[illegible] BREADS AND DISHES

HOW TO OBTAIN THE BEST SERVICE FROM YOUR COOKER-CANNER

[illegible]

pipe hole

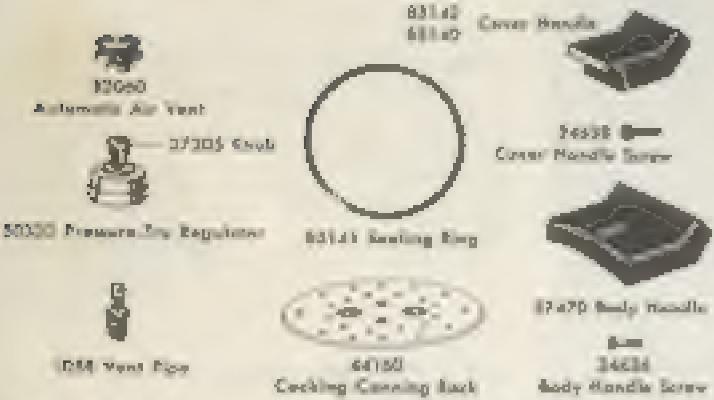
[illegible]

CAUTION: If there is excessive leakage, always remove the Cooker-Canner from the heat. Allow it to cool until the pressure has gone down, Automatic Air Vent has dropped and Pressure Regulator has been removed. Then examine the part or place at which the steam is escaping so that steps can be taken to correct the problem.

HOW TO OBTAIN PROMPT REPAIR SERVICE FOR YOUR PRESTO COOKER-CANNER

[illegible]

SERVICE PARTS PRICE LIST



1058	Vent Pipe	$1.00	89016	Instruction-Recipe Book	$1.00
34608	Handle Screw, Body	.15	82060	Automatic Air Vent	.75
34608	Handle Screw, Cover	.15	85140	Cover Handle with Cushion Plate	1.25
37300	Pressure Regulator Knob ..	.25			
87670	Body Handle	1.50	85141	Sealing Ring	3.50
44150	Rack	1.50	85142	Cover Handle with Nameplate	1.25
50020	Pressure-Dry Regulator ..	3.00			

PRESTO Cooker-Canner parts are available at most hardware, appliance and department stores. However, if you are unable to obtain parts locally you may order from the Regional Factory Service Branch nearest to you:

SERVICE PARTS DEPARTMENT, PRESTO MANUFACTURING CO.
P.O. Box 10037, Northside Station, Jackson, Mississippi 39206

PRESTO SERVICE DEPARTMENT
NATIONAL PRESTO INDUSTRIES, INC., Eau Claire, Wisconsin 54701

PRESTO Parts & Service Corp.
56-25 43rd Avenue, Corona (Queens), New York 11368

PRESTO Parts & Service Corp.
1599 Clearview Parkway, N.E., North Park, Atlanta, Georgia 30340

PRESTO Parts & Service Co.
3719 Warren Ave., Bellwood, Illinois 60104

PRESTO Parts & Service, Inc.
2300 S. Broadway, Los Angeles, California 90007

Please be sure to specify both PART NUMBER and the complete MODEL NUMBER of the cooker-canner when ordering parts. The Part Number can be found in the listing above, and the cooker-canner Model Number is stamped on the bottom of the cooker-canner body. Also enclose the correct remittance in check, cash or currency to cover the cost of the part, plus 15% to cover postage and handling. Also include sales tax if you order parts from the factory branch in the state in which you live. Parts are not shipped C.O.D.

If it is necessary for you to return a cooker-canner for repair, send it to the Factory Service Department, NATIONAL PRESTO INDUSTRIES, INC., Eau Claire, Wisconsin 54701, or to the Regional Factory service center nearest to you. Send a letter with your cooker-canner explaining the difficulty with it.

NOTES

PRESTO®

for Beauty and Service

NEW CAST COOKER WITH COLOR-BRIGHT FINISH

Presto's famous Cast Aluminum Cooker with pop-up insertion, Color-Bright finish. Radiant, cooking . . . attractive enough to serve from. Includes all modern Presto features.

NEW, LIGHTER PRESTO CAST COOKER

Modern Design . . . fitted with the latest Presto Cooker features . . . Automatic Air Vent, Cooking Guide on Handle and New Pressure Regulator.

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Light, graceful, streamlined for modern kitchens . . . Stamped from finest quality, extra heavy aluminum. Available in 4 and 6-quart sizes.

PRESTO STAINLESS STEEL COOKERS — Steel core for even heat distribution . . . cooks food in uniform "umbrella" of heat. All of the exclusive Presto features combined with gleaming Stainless Steel.

PRESTO ELECTRIC PRESSURE COOKER . . . Makes pressure cooking fast and automatic — easier than ever before. Presto's Control Master controls heat automatically, detaches so cooker can be washed completely under water. Available in two convenient sizes.

NEW PRESTO Loud Ring MINUTE TIMER . . . Accurate timing of a thousand and one things! Clear, loud bell signals when time has elapsed.

NATIONAL PRESTO INDUSTRIES, INC.
EAU CLAIRE, WISCONSIN 54701

Form [illegible]

[illegible]